

Marlborough Seniors ^{on the} Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 8 August 2012

Mayor's Corner



One of my top priorities since becoming Mayor has been to bring the Senior Tax Work-Off Abatement Program to the City of Marlborough. This program allows Marlborough seniors over the age of 60 to perform volunteer services in exchange for a reduction on their property tax for up to \$1,000.

The Commonwealth of Massachusetts allows communities to set their own eligibility criteria and guidelines. Working with the Legislative and Legal Affairs Committee of the City Council, we have adopted several provisions aimed at ensuring our program is both transparent and fair to the taxpayer. For example, eligible program participants may not be employed by the City of Marlborough on either a full or part-time basis and must have resided in the City for at least five consecutive calendar years.

In addition to providing a modicum of tax relief to seniors, another worthy goal of this program is to provide people over the age of 60 an opportunity to participate in city government and enhance the daily operations of our city. For example, volunteers may be working in customer service in City Hall, running new programs out of the COA or reading to school children.

I anticipate the City Council adopting this program at their next meeting and am grateful for their support and contributions to this new initiative. My office will be working with Council on Aging Director Jen Claro to put together the application packet. The City Council and I look forward to getting this program off the ground and watching our city benefit from the contributions and involvement of our seniors.

Sincerely,

A Fun Time: Concord and Sudbury River Cruise and Lunch

For something different, come join us on a pontoon ride down the river and enjoy a lunch viewing the aquatic life, fauna and flora and the historical homes lining the river's edge. Also, you will have the opportunity to cruise through Fairhaven Bay where noted authors Thoreau and Hawthorne spent time creating some of their most renowned writing. On this trip you can enjoy a nice lunch with your choice of homemade chicken or Tuna salad, ham and cheese or turkey sandwiches, fresh fruit, potato chips, lemonade, ice tea and dessert.

If you would like to enjoy this early afternoon boat ride please call the senior center at 508-485-6492 to reserve your seat and provide your lunch preference. Don't forget to mark your calendar for **Thursday, August 30th**. We will provide transportation and you will need to be at the senior center at 12:00 to catch the bus. Tickets for this trip are \$26.00 per person.

There is only space for 20 people so don't hesitate too long.

Marlborough Council on Aging Mission Statement

"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

Come hear Dr. Gary Hylander at FISH on Monday, August 13th at 1:15 P.M.

Come have some complimentary dessert and coffee (or beverage of choice) as you enjoy Dr. Hylander's presentation on **FIRST LADIES OF THE CIVIL WAR**. Join us as we discuss the Civil War experiences of Varina Davis and Mary Lincoln. A supporter of slavery but also a Unionist, Mrs. Davis never felt at ease in the Confederate Capital of Richmond. Mrs. Lincoln, a volatile and sharp-tongued woman, was suspected of being a Confederate sympathizer and viewed as a frontier hayseed by Washington socialites. At the close of the war, Mrs. Davis campaigned to free her husband from prison while Mrs. Lincoln endured the public embarrassment of having her insanity trials spread across the front pages of American newspapers.

This event is held at FISH, located at 29 South Bolton Street, Marlboro.

Please call the Senior Center Office to partake in this series - **508-485-6492**



MAHJONG - Come Join Us

Mahjong Mondays at 1:30 PM! If you enjoy playing Mahjong or simply would like to learn how to play, please sign up at the Front Desk with our great Front Office Volunteer. If anyone would like to volunteer and help with the new Mahjong program, let us know.

Call **508-485-6492** to sign up

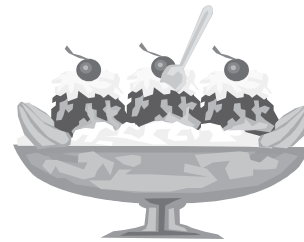


Legal Blitz and Banana Splitz with Tracey Ingle, Attorney at Law

Come enjoy an early afternoon with Tracey over a banana split as she discusses the topic, "What do I do right now?"

This discussion will outline some of the immediate actions you can take to ensure peace of mind. Each person has specific needs regarding Estate check-up, banking information, trust administration, Medicaid issues and other topics. This session will show you how to craft an action plan to focus on you and your family.

Please call the Senior Center to RSVP for the "Legal Blitz and Banana Splitz" scheduled for **Monday, August 20th at 1:30**.



🎵 Music Through the Ages! 🎵

Jim Porcella, leader and vocalist, will be playing music from the 40's, 50's 60's, and 70's. You won't want to miss this unique musical event! Jim grew up in Medford, MA, and attended The Berklee College of Music in Boston. During his vocal career, Jim has produced seven, critically acclaimed CD's and has performed in renowned jazz and cabaret venues throughout the United States, Canada, Europe and the Caribbean. In the last few years Jim makes his living performing primarily for senior citizens. Jim is the leader of his own swing band, Bombay Jim and the Swinging Sapphires.

On Tuesday, August 28th at 2:00 PM. Ice cream floats will be served! \$2.00 fee.

Call **508-485-6492** to sign up

From the Director

GOOD Things..This past month we had our first Men's group social at Firefly's and it was a lot of fun and a great diverse representation of men from recently retired to age 86. There was much discussion on a myriad of subjects ranging from retirement, previous professions, hobbies, trips, and much more. One of the items the men agreed on was another gathering which will be at Wayside Inn on Thursday, August 23rd at 8:00 AM. We will have a short program led by one of our participants and may require a little extra brain power. One thing I found unique about this group was their diverse interests and their willingness to learn about other participant's interests, hobbies and experiences. So, each month a different participant will decide the next program allowing for some great experiences for all to enjoy. If you, your husband, male friend would like to join this informal men's group please feel free to come to the next event at Wayside Inn. I also would like to **thank the Wayside Inn** for being so accommodating to our Senior Center once again and giving us this opportunity to enjoy their beautiful setting and delicious food.

BayPath Elder Services, Inc. recently awarded some additional funding for our 2011-12 Multicultural Outreach Initiative for the Underserved Latino Seniors of our community. We were so thrilled to receive these additional funds because it will enable our well attended ESL classes to continue on Tuesday and Thursday AM from 9-11 as well as our Zumba Gold evening exercise classes each Tues. 6:15 PM and Thurs 6:30 PM. On behalf of our Outreach Coordinator, **Ana Cristina Oliveira** and myself we would like to thank **BayPath** for their steadfast support in this very successful new outreach initiative. I would be remiss if I did not thank our **Evelyn Fontanez, Helio Regis**, ESL teacher and **Ana Cristina Oliveira**, Outreach Coordinator for their tremendous commitment to the success of this program.

Speaking of success I would like to **thank Douglas Bushman, Marlborough Housing Director** for all the new improvements we are seeing around our building. We are excited to see the new flower beds, trimming of trees, sidewalk and newly renovated courtyard (in progress).

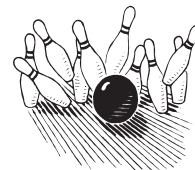
In closing, I would like to give a special thanks to our city department which include **Mark Gibbs**, Director of our **Technology Department** for helping provide a computer lab for our three series On-line Health Information class, **Auditing** for their extra efforts in closing out year-end and grants-**Public Facilities** for always helping out in a pinch and we can't say enough thanks to **Lou Bebe** and **Sal Turieo** our great custodial duo. Lastly, I would like welcome **Elizabeth Gowaski**, who is currently working in our Principal Clerk position and **Timothy Fine** our high school intern.

Jennifer

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers in Northborough

When: Friday, August 10th at 10:30 AM

Teams will be organized once we get a final count of who has time to "**spare**" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time is 12, so please call 508-485-6492 or drop by the front desk to sign up. Transportation provided if needed.

Soapy Green: Make your own safe, inexpensive and less toxic cleaning products

This will be a "fun" cleaning experience with Diane Cintron from the Toxics Reduction Institute of UMASS Lowell. At this "hands on" event you will make safe, "green" cleaning products. You will also have the opportunity to make a natural, non-burning aroma gel for your favorite room in the house.

Call the Senior Center at **508-485-6492** to sign up for this "green" program and receive a bucket of supplies and a special little "natural" treat.

So mark your calendar for **Friday, August 24th at 2:00 PM** and come enjoy some "green" tea and ginger bread cookies.



Fun Day....Field Trip to Fruitlands Musuem and partake in a Coil Clay Pottery class

The Senior Center is planning a trip in August to The Fruitlands Museum. Fruitlands is located in Harvard, MA, with sweeping views that overlook the Nashoba Valley. Fruitlands is a wonderful place to discover heritage, nature, and art. The landscape at Fruitlands comprises 210 acres including a variety of environments: meadows, pine barren, and woodland, with 3 miles of trails. The Art Program has scheduled a special coil clay pot making class for all who would like to participate or you can enjoy your time navigating the beautiful trails, museums and grounds of Fruitlands. Also, while we are there you can have lunch at The

Fruitlands Café' which was conceived, planned and run almost exclusively by chefs, cooks, servers and managers from their sister res-

taurant, The Gibbett Hill Grill. The café' focuses on locally-serviced sustainable cuisine that is reflective of the heritage of New England. Lunch will be on your own and the lunch prices range from \$9-13.

Mark your calendar for Thursday, August 13th.

We will leave the Senior Center at 9:45. The fee for this trip is \$15. Come make a new experience and if you would like to bring a friend the cost will be an additional \$12.

For those who would like a little more information about Fruitlands Musuem please read below. The museum , founded in 1914 by Clara Endicott Sears, takes its name from a transcendentalist experi-

ment which took place in 1843. This experiment was led by Bronson Alcott and Charles Lane. The project was short-lived and failed after 7 months. Sears maintained a summer estate and "gentleman's farm" here along with the museum complex from 1914 until her death in 1960. The museum was incorporated in 1930.

Fruitlands has a rich history and has been host to some of the most famous people in history. Thoreau walked Prospect Hill and admired its view, Emerson visited Alcott here, and Louisa May, then 10, would relate her experiences here in "Little Women."



Some of the buildings that are part of the Fruitlands complex include the Shaker Office Buiding, which houses the largest archive of

Harvard Shaker documents in the world. The Native American gallery houses a significant collection of artifacts that honors the spiritual presence and cultural history of the first Americans. The Art gallery contains 100 Hudson River School landscape paintings, and significantly, over 230 nineteenth century vernacular portraits, the second largest collection in the country.

If you are interested in participating in this trip please give the Senior Center a call at 508-485-6492.

~~~~THE WALKING WONDERS~~~~

Come join the "Walking Wonders" for a trek around Ghiloni Park. We will meet in the parking lot on Mondays and Wednesdays at 8:30AM. Please call the Senior Center if you need a ride and meet in the lobby of the Senior Center at 240 Main Street at 8:15AM. Sign up at Office - 508-485-6492. Hope to see you there!

Outreach Department

Ana Cristina Oliveira

Multicultural Outreach Initiative-a great success thanks to BayPath Elder Services, Inc. and the executive Office of Elder Affairs

This past year we were afforded the opportunity to offer ESL classes and programs to underserved Latino Seniors in our community through a Title III grant through BayPath Elder Services, Inc. Under the guidance of **Ana Cristina**, our Outreach Coordinator we are having great success. Through this multi-cultural initiative we have introduced over 60 Latino Seniors to our center and they are participating in weekly two hour ESL classes each Tuesday and Thursday AM from 9:00-11:00, two weekly Zumba Gold held in the evening on Tuesday-6:00 PM and Thursday at 6:15 PM- with a Latino instructor. Any Marlborough Senior who would like to participate in these classes (you may speak any language) are welcome, you just have to show up and join other seniors like you who have a desire to speak the English language. Don't worry you will be in great company.



Participants get excited for Zumba on Tuesdays evening at 6 PM.

Also, we have enjoyed several multi-cultural health and or educational programs through our partnerships with **Marlborough Hospital, Alisha Himefarb, MS, RD, LDN, Visiting Nursing Association** especially **Judy Manning, RN, MertoWest Legal Services, Countryside Village, Carmen Suarez and Lisa Brown, Latino Health Insurance Program and SHINE**. We are most fortunate to be able to offer these enrichment programs with our community's help and support. Although, we will be ending this grant cycle at the end of September we are readily preparing for our next grant funding cycle and continuation of this important programs. So for now enjoy a few recent pictures from the Zumba Gold class and a recent Saturday Social.

Be listening up for BIG multi-cultural Summer Social for *all* to enjoy, music, dance and dinner.



The Zumba class gets moving for their Tuesday exercise.



Latino events are held at the Senior Center for some fun!

Stevie's Eatery big hit at Senior Center

New Meal Program was rolled out to over 60 seniors with an array of home-cooked dishes that were ALL delicious. This new program is called **5 meals for \$5.00 each and will be prepared for your own dietary needs.** Meals can be delivered if you experience hardship but meals are tax-free if they come to the Senior Center and are picked up here.

Meals include 18 different choices which range from Sweet and Sour Chicken, Chicken Parmesan w/pasta and vegetables, Baked Chicken, red roasted potatoes and vegetable, Beef Stroganoff over egg noodles w/ veg., Meatloaf, mashed potatoes and veg., Turkey dinner, mashed potatoes and gravy, Lasagna and veg., Pulled Chicken or Pork w/ Mac and Cheese, Beef or Chicken Stew, etc..

Judy Jewett states, "We ordered ten meals and we found one dinner is enough for two people and my husband is a healthy eater and we had leftovers." The food is delicious once people try these dinners they will love them."

To try this program please call Stevie's at **508-460-3352**.



A POPULAR HIT at the Senior Center

Monday's Blue Plate Special!

Stevie's Eatery provides these tasty meals each week at **12:45**

Price for meals: \$4.75 for one or \$8.00 for you and a friend.

August Menus:

Aug 6th: Beef Stroganoff over egg noodles w/ vegetables

Aug 13th: Turkey dinner w/ mashed potatoes, gravy, and vegetables

Aug 20th: Chicken ziti w/ broccoli

Aug 27th: Meatloaf, gravy, garlic mashed potatoes, and corn

Meals also include rolls and butter, dessert and beverage!

Please purchase your tickets at the Senior Center Office by Friday-noon prior to Monday's lunch!

LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

I am enclosing \$_____ Make checks payable to: Friends of Marlborough Seniors

In honor/memory of _____

Send acknowledgement to: Name _____

Address _____

City _____ State _____ Zip Code _____

Donation Name _____ or anonymous _____

From: Address: _____

Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752

Friends of Marlborough Seniors gearing up for some fun, good eating and fundraising.

Judy Jewett, President of the Friends of Marlborough Seniors and Board Members are busy, busy planning for some great upcoming events this summer and fall, so mark your calendar now and don't miss out.

First up is the much anticipated **ANNUAL OPEN HOUSE AND COOK-OUT** on **Sat., August 18th from 11:00-3:00** with the infamous **Bobby Kays and his grilling comrades Brad Tolan and Mark Bonin**. Get those plates ready for those mouth watering cheeseburgers, hot dogs and chicken sandwiches and the wonderful sides (every salad you can think of) donated by our ever faithful supporter, **Welly's**. We will have desserts, beverages galore and yes, DJ Ricky for our musical entertainment. All this fun and fabulous food for \$6. Tickets available at the Senior Center.

Did I hear **HOE DOWN**? Yes, another great time with **Melissa Esteves, Tammy Pozerycki and Barbara McGuire** reeling in the reins for a foot stompin', yeehaw of a good time at the newly-renovated Fish and Game grounds. Go on and start thinking about that western wear and I'll keep you posted on more Hoe Down news in the coming weeks— this is a must not miss event so brand your calendar for **Friday, September 7th at 5PM**.

Freshly baked fruit pie sale- Oh my goodness!

Holidays will be coming and thanks to the Friends we can buy some of their homemade, blueberry, apple, pumpkin or cherry pies made from their family recipes. These pies can't be beat and only cost \$7.00. Look for the order form in your newsletter and send it on in and don't worry about those holiday desserts anymore. Judy Jewett, Friends President said, "the pies can be picked up the night before the Craft Show or at the Craft Show on **November 10th**."

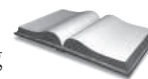
FRIENDS CRAFT SHOW best holiday gifts and deals you will find on November 10th and you don't want to miss the bake sale-UNBELIEVABLE! What a fun way to begin your holiday season as local artist, crafters, and bakers share their wonderful creations, gifts and goodies. It will certainly help you get into the holiday spirit and what wonderful people to support in their fundraising efforts. (hint: If you don't want to overspend, only bring what you want to spend, I didn't do this last year and probably won't this year!)

Hearing seminar and free screenings

MASS Audiology has over 47 years of experience helping people live better lives through better hearing. Come ask that frustrating question, "I bought the most expensive hearing aids and I still **can't** hear, what else can I do? Come listen to the Audiologist and ask why you still can't hear and what they can do differently for you. There will be free **Audiometric Hearing Evaluations** on **Tuesday, August 14** starting after the lecture and Q/A session at 1:00 PM. Come learn more about your personal hearing challenges. Please call the Senior Center at 508-485-6492 to register for this program and the Free hearing evaluation by an Audiologist and Hearing Instrument Specialist. While you wait for your hearing evaluation please enjoy some strawberry shortcake.

BOOK CLUB

Come join Sheila Brecken and others who enjoy reading and discussing a good book.



The Book Club meets at Academy Knolls on the 3rd Tuesday of the month at 1:00PM.

August 21st is *Little Giant of Aberdeen* by Tiffany Baker.

If you want to get ahead on your reading, the book for September 18th is *Mutant Messages Down Under* by Marlo Morgan and October 16th is *Cane River* by Lalita Tademy.

Please feel free to join this fun group of book lovers. For more information call: 508-485-5580.

Men's Breakfast at Wayside Inn

August 23rd at 8:00 AM

We had such a good gathering and time getting to know one another at our first gathering at Firefly's it is time to get back together and talk about what we would like to do for our next program and actually partake in an activity that was suggested by a fellow participant last month. So bring a fresh, quick mind and enjoy a good breakfast. We will meet in the Old Kitchen at the Wayside Inn. **Please RSVP- 508-485-6492** and you are welcome to bring a friend who would enjoy this informal group for men.



"Each happiness of yesterday is a memory of tomorrow."

The "Friends" of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

In memory of Geraldine Cavicchio

Anonymous

In memory of Marjorie Rose

Anonymous

In memory of William R. Short

Anonymous

In memory of Joseph V. Haggerty

Anonymous

In memory of David Muir

Anonymous



In memory of Louise Gogolos

Anonymous

In memory of Mary Dion

Anonymous

In memory of Ester H. Kettles

Anonymous

In memory of William J. King

Anonymous

In memory of David Muir

Karen and Marianne Gazzaniga

Second Saturday

Do you need some minor repairs to your home or some extra helping hands around your home or apartment?

"Second Saturday" is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low income seniors. This outreach has provided wonderful help to seniors by assisting in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Furthermore, if you have donations of small household items or clothing we will gladly accept and recycle these items to those experiencing hardship.

Request for repairs must be received by Sunday, August 5th, 2012.

Second Saturday date for work is August 11th, 2012

Call Barbara McGuire—508-624-9365 for questions or to schedule an appointment.

Health Services

Wellness Clinic

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

Paraffin Wax Hand Treatments

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

Medical Equipment Loan Program

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations welcome.** Please call the Senior Center at 508- 485-6492 to check on availability or to donate.

Low Vision Gathering

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. The group meets at St. Matthias Church, located at 409 Hemminway Street the third Wednesday of the Month at 10:00 AM-12:00PM. If you have any questions feel free to call Bob at

Friendly Visitor Program

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at 508-485-6492

Information and Referral

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

Home Delivered Meals (Meals on Wheels)

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at (508) 573-7200 to set up services.

Meals at the Senior Center

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. \$3.00 donation is requested.

FISH Volunteer Program

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

LifeLine

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.

Greeter's Desk

We are currently in need of Greeters to sit at the desk and greet people as they enter the Senior Center. Greeters are also responsible for directing people to appropriate activities. This is an opportunity to become familiar with the Senior Center, meet people and make new friends. Call Susan Maki at 508-485-6492 if interested.

Council on Aging Staff ~

Jennifer C. Claro	Executive Director
Ana Cristina Oliveira	Outreach Coordinator
Susan Maki	Social Service Coordinator
Sharon Collari	Principal Clerk
Lisa Martino	Bay Path Meals Site Manager

Council on Aging Board of Directors ~

Jim Confrey	Chairperson
Sheila Brecken	Vice Chairperson
Brenda Costa	Secretary
Rita Connors	
Paulina Lynch	
Dottie Hodgson	
Marie Elwood	

FISH Volunteer Transportation Program ~

Larry Vifquain ~Founder
 Ellie Harris ~ Co-Founder
 Lynn Anderson ~ Co-Founder

Friends of Marlborough Seniors Officers ~

Judy Jewett	President
Peg Cahill	Vice President
Barbara McGuire	Treasurer
Angela Rossetti	Clerk
Joe Tunnera	
Melissa Esteves	
Dick Mahoney	
Tammy Pozerycki	
Peg Bouvier	
Debbie Beausoleil	
Matthew Jones, Esq.	

Volunteer Team Leaders ~

Peggy Cahill	Bingo
Peggy Cahill	Newsletters
Dottie Hodgson	Friends Memberships
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab

Coming up on October... BROADWAY HIT BEFORE THE GENERAL PUBLIC: GOOD PEOPLE, a compelling Southie Story

On **October 3RD** come enjoy "Good People which maps the fault lines of social class with a rare acuity of perception while also packing a substantial emotional wallop." – The Boston Globe.

This story line is based in South Boston where this month's pay-check covers last month's bills, bingo is a night out on the town, and sharp-tongued single-mom Margie Walsh has just been let go from yet another job. Scrambling to make ends meet, she looks up an old flame, hoping he'll help her make a fresh start in this humor-filled drama from Pulitzer Prize winner (and Boston native) David Lindsay-Abaire about how twists of faith determine our path. The cast includes: Johanna Day (God of Carnage), Michael Laurence, Karen Macdonald (All My Sons) and Nancy E. Carroll (The Luck of the Irish).

Transportation will be provided to AVENUE OF THE ARTS/ BU Theatre in Boston. **We will leave the Senior Center at 1:00 PM to catch the 2:00 PM show.** This trip will cost \$55 and will include a reserved ticket for orchestra seating and transportation. We should arrive back at the Senior Center by 5:30 PM. Call and reserve your tickets for a very entertaining afternoon- 508-485-6492.

**MOVIE TIME** with Peggy Bouvier

**Every Tuesday at 1:00 PM is
 movie day at the Senior Center**

Popcorn and refreshments are served and you don't have to stand in line. Where else can you find a good movie and be served those favorite movie snacks.

This month's movie selection include the following:

August 7th *There's No Business Like Show Business*

August 14th *The Double*

August 21st *Marley and Me: The Puppy Years*

August 28th *The Debt*

*All the seniors in town
are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

800-732-8070

PETERS GROVE

AN AFFORDABLE
SENIOR COMMUNITY
Enjoy City Living
in our Country Setting.
Fully carpeted and appliances
efficiency and One Bedroom apts
with 24 hour Emergency
Maintenance.
• Resident Programs
• Community Room w/Pond View

Rental Office:
11 Lake St., Hudson, MA 01749
978-568-0670
Financed by Mass Housing



WHITNEY PLACE
ASSISTED LIVING RESIDENCES



800-372-3800

NATICK • NORTHBOROUGH
NORTHBRIDGE • WESTBOROUGH

www.SalmonHealthAndRetirement.com



Craftmatic®
Adjustable Beds

#1 Selling Adjustable Brand
Trusted for Nearly 40 Years

Why Pay More For Something Else?
Discover Craftmatic For Less!

Up to 50% Less!

A Craftmatic Adjustable Bed with optional
Heat & Massage may provide temporary relief from:
Low Back Pain • Nighttime Heartburn
Gastric Reflux • Mild Arthritis • Poor Sleep



We Won't Be Undersold • In Home Trial
Satisfaction Guaranteed

For FREE Prices & Info
About Our Beds Call: **800-323-0619**

**Shop
By
Phone
&
SAVE**



**DON'T KEEP YOUR
BUSINESS A SECRET!**

Sponsor this newsletter today!!!

Call Today

800-732-8070

**A Home Is Burglarized Every 18 Seconds,*
Don't let yours be the next!**

FREE
Home Security System!
\$850 Value!

*With \$99 Customer Installation charge and purchase of alarm monitoring services.



Available Two-Way voice
that allows you to instantly
communicate with an ADT
Security Specialist!

Call Today, Protect Tomorrow!

1-877-853-3143

Mon-Fri 8am - 11pm • Sat 9am - 8pm • Sun 10am - 6pm EST



Protect Your Home

\$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$35.99 per month (\$1,295.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT Security Services, Inc. Other rate plans available. Cannot be combined with any other offer. Licenses: AL-10-1104, AZ-ROC217517, CA-AC06320, CT-ELC0193944-L5, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-AC-0036, ID-39131, IL-127.001042, IN-City of Indianapolis: 93294, KY-City of Louisville: 483, LA-F1082, MA-1355C, MD-107-1375, Baltimore County: 1375, Calvert County: ABL00625, Caroline County: 1157, Cecil County: 541-L, Charles County: 804, Dorchester County: 764, Frederick County: F0424, Harford County: 3541, Montgomery County: 1276, Prince George's County: 685, Queen Anne's County: L156, St. Mary's County: LV2039R, Talbot County: L674, Wicomico County: 2017, Worcester County: L1013, MI-3601205773, MN-TS01807, MO-City of St. Louis: CC354, St. Louis County: 47738, MS-15007958, MT-247, NC-25310-SP-UV, 1622-CSA, NE-14451, NJ-348F00021800, NM-353366, NV-68518, City of Las Vegas: B14-00075-6-121756, C11-11262-L-121756, NY-Licensed by the N.Y.S. Department of State UID#1200286451, OH-53891446, City of Cincinnati: AC86, OK-1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA22999, RI-3428, SC-BAC5630, TN-C1164, C1520, TX-B13734, UT-6422596-6501, VA-115120, VT-E5-2382, WA-60258694/PROTEYH93-HRS, WI-City of Milwaukee: 0001697, WY-042433, WY-LV-6-21499. For full list of licenses visit our website www.protectyourhome.com. Protect Your Home - 3750 Priority Way South Dr., Ste 200, Indianapolis, IN 46240. **Crime data taken from http://ovc.ncjrs.gov/gallery/posters/pdfs/Crime_Clock.pdf

Say *"Thank you"* with your
patronage to the sponsors
who support this newsletter.

*To find our sponsors,
visit **SeekAndFind.com***



Marlborough Council on Aging & Senior Center
 250 Main Street
 Marlborough, MA 01752
 Telephone (508) 485-6492
 FAX (508) 460-3726

Hours are Monday –Friday 8:00 am-4:00 pm

NONPROFIT ORG.

U.S. Postage

PAID

Marlborough, MA
 01752
 Permit No. 0081

Foxwoods Fun!

\$20.00 includes trip, bonus package,
 consisting of \$10.00 buffet and
 \$10.00 coupon.

Pick up is at 7:30 AM in front of the Senior
 Center Bus departs at 7:30 AM and returns
 approximately 4:45 PM

Upcoming dates:

Aug 6th, 2012
 September 10th 2012 & October 8th, 2012

Please call Pauline Ordway at 508-485-4677
 for your reservations and more information.

Also enjoy some BINGO on the bus!

**FRIENDS OF THE MARLBOROUGH SENIORS
 MEMBERSHIP INFORMATION**

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2012.
 Please fill out this form and mail it to the P.O. Box 358 address below:

"Friends of Marlborough Seniors"
 P. O. Box 358
 Marlborough, MA 01752
 Date Sent: _____

____ Individual (\$5.00)
 ____ Couple (\$10.00)
 ____ Building Fund (\$____)
 ____ Friends (\$____)

PLEASE PRINT:

Name _____

Street Address _____ **Apt. #** _____

City _____ **State** _____ **Zip Code** _____

Telephone Number _____

Comments _____